

# STRENGTH ASSALETCS HEALTH

# PROGRAM

## 4 WEEKS | 12 WEEKS | 6 MONTHS | 1 YEAR

#### **PROGRAM INCLUDES**

- Body Composition Analysis (Fat%, Muscle%, Body Age, BMI, Resting Metabolism, Muscle Girth Measurements)
- Full body strength assessment: Tech
- Exercise Movement Coaching
- Complete Resistance Training Programmed towards
  Hypertrophy
- Complete Nutrition Guide
- Recovery & injury prevention Strategies

### FOR:

- Management of Weight for Underweight Individuals (Muscle Gain)
- Building an Aesthetic Physique
- Building appropriate nutritional habits
- Building appropriate lifestyle habits



+91-8867205650

2934, Triveni Arcade, Second Floor, 2nd Stage, D Block Mahakavi Kuvempu Road, Rajajinagar, Bengaluru, 560010 Landmark: Mahakavi Kuvempu Metro Station

www.prehabclinics.com